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HORIZON, METRO
TAKES A LOOK AT THE
LEGACY OF THE 2010
GAMES **PAGES 10 & 11**



Man sentenced to 12 years

Russell Beaver pleaded guilty
to second-degree murder of
allegedly abusive friend **PAGE 3**

Campaign takes aim at cyberbullying

Father of Rehtaeh Parsons pleads
with students to think, care **PAGE 6**



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Came for the hugs, stayed for the burgers

**'Everybody's treated
as family.'** Dartmouth's
Hungry Jack's to close
after 25 years

A handful of people sit at the wooden booths and tables of Hungry Jack's, talking quietly over lunch as the afternoon sun shines through large windows overlooking the lake.

After 25 years in the business, Jack HelmKay has had his fill. His Dartmouth family restaurant, known for their famous "burger poll" during provincial-election time and "Belly Buster" burgers is closing on Jan. 20.

"I'll always remember Jack and ... just the good times here, the good meals," said Ken Langille with a look around at the wooden loon and bird figures above the counter.

Langille, who lives in B.C. but always comes to Jack's when he's in town, says he loves the great cooking and friendly service.

"I mean, how many restaurants do you walk in and get a hug from the waitress?" Langille said with a laugh.

HelmKay, 72, says now is the time to retire with the cost of food and taxes going up. He

says he's been working "long enough."

Since the place opened in 1989, HelmKay says he's had a relaxed atmosphere where people could pour their own coffee and wave through the kitchen window as he cooks.

One loyal customer says he is sorry to see Jack's close because "you're hard pressed to find diners like this."

"Everybody's treated as family when you come in," he said. "If you want to talk to Jack you just holler at him, and if he's not busy he comes over."

Certain things haven't changed, like the long wooden table bearing the plaque "Hungry Jack's Diplomats Club" where HelmKay's former navy buddies meet every weekday, a brass nameplate marking each spot.

HelmKay says his favourite memories involve the burger polls, when "big-wigs" like Alexa McDonough, John Hamm and Darrell Dexter would come to see how they were doing in the unofficial ranking.

HelmKay says although he's not going to miss the long work hours and is looking forward to travelling and working on his house, he doesn't want to say goodbye to the people. "Over the years we've made a lot of good friends." **HALEY RYAN/METRO**

**"We were right on
about 80% of the time."**

Jack HelmKay, about his famous burger
poll of provincial election predictions



Jack HelmKay, owner of Hungry Jack's in Dartmouth, poses for a portrait with his infamous "Belly Buster" burger. **JEFF HARPER/METRO**

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Parks Canada

Dinner and a skate at the Citadel?

An outdoor skating rink and on-site dinners are among the ideas being floated to help boost the number of visitors to the Citadel National Historic Site in Halifax.

Parks Canada is seeking proposals to develop a new master plan for the fortress aimed at increasing paid visitation by 25 per cent within five years.

The agency says the consultant chosen for the job will be asked to review the Citadel's existing programming but it doesn't believe a full overhaul is required.

The tender says the consultant must also develop a conceptual design and determine the viability of an ice rink in the north parade of the Citadel, an indoor heritage centre and events space, as well as dinners and cooking classes.

THE CANADIAN PRESS

Pediatrician

Doctor's flu shots under suspicion

Health officials say 27 children might have received ineffective flu shots this fall from a Halifax-area pediatrician whose licence was suspended last month after he was accused of improperly mixing vaccinations.

Officials said Thursday it's believed that Dr. William Vitale improperly mixed the 2013 seasonal flu vaccine with routine childhood immunizations in some cases, which may have impacted the efficacy of the flu shot.

Parents of the 27 patients are being advised to have their children re-vaccinated. **THE CANADIAN PRESS**



Russell Matthew Beaver enters Nova Scotia Supreme Court in Halifax on Thursday before being sentenced for second-degree murder. JEFF HARPER/METRO

No parole for Halifax man for at least 12 years

Court. Beaver, 25, sentenced in killing of alleged abuser

A man who pleaded guilty to second-degree murder in a shooting in Halifax's north end in 2011 will spend at least the next 12 years behind bars.

Russell Matthew Beaver, 25, sat stone-faced in Nova Scotia Supreme Court on Thursday as Justice Peter Rosinski handed him a life sentence with no eligibility for parole for a dozen years.

Beaver was charged in the June 5, 2011, murder of Shawn Mead, 32.

The two met and became

Quoted

"People have terrible things happen to them, but they don't take a gun to talk it out ... I miss my brother, flaws and all."

Diane Lablonte, sister of Shawn Mead

friends when Beaver was 13. During Thursday's hearing, Rosinski read from a presentencing report about how Beaver claimed he had suffered years of physical, emotional and sexual abuse at Mead's hands.

Beaver attempted to cut off ties with Mead in 2008.

He eventually confronted Mead at his north-end home with a loaded, 12-gauge shotgun, an encounter that resulted

in the older man's unplanned death.

Mead's badly decomposed body was discovered in his Bilby Street residence three weeks later by a neighbour.

"There is no doubt that Mr. Mead harassed Mr. Beaver for about two-and-a-half years before his death," said Crown attorney Darrell Martin.

"(But) the bottom line is that as a society we cannot (permit) vigilantism no matter how dif-

ficult your life has become."

Both Crown and defence described the case as a tragedy for both the accused and the victim, as well as their families.

"There are no happy moments here," said defence attorney Luke Cragg.

Second-degree murder carries an automatic life sentence, with eligibility for parole starting at 10 to 25 years.

In his decision Rosinski referenced Beaver's low risk to re-offend, citing his employment history, stable long-term relationship and three-year-long sobriety.

Family members of both the convicted and the victim were on-hand for the sentencing but declined to comment.

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Consultation. HRM seeking action on new waste management rules

A municipal standing committee has received a lengthy report that city staff are hoping can be used to push provincial discussions on waste diversion forward.

The consultant's report, presented to the Environment and Sustainability Standing Committee Thursday, compares Extended Producer Responsibility (EPR) programs across Canada to assess where Nova Scotia measures up.

EPR programs shift the cost of disposing and recycling a product from the taxpayer to the producer and/or consumer.

Solid Waste Manager Gord Helm said although Nova Scotia is a leader in waste management, the report shows its lead is slipping in EPR policy.

"We're not staying as far out in front as we could be in terms of the products now being covered by other people," he said.

The provincial Environmental Goals and Sustainable Prosperity Act states a goal of reducing solid waste disposal to 300 kilograms per person by 2015.

Helm said the only way for municipalities to meet that goal is by implementing more EPR programs to handle products such as batteries or mercury from CFL bulbs.

"Garbage currently represents 22 per cent of my waste

Quoted



"Producers should be responsible for their waste, and yet it seems such a difficult task to get there."

Coun. Bill Karsten

stream," he said. "I have to move materials out of garbage and make them recyclable through EPR programs in order to improve my diversion rates."

Nova Scotia currently has EPR programs to handle beverage and milk containers, paint, tires and electronics.

Coun. Bill Karsten said expanding EPR programs has been a goal of HRM's for several years, and said it's frustrating that new regulations haven't materialized yet.

"I don't think there's anybody that can look at these numbers and not come up with the rational conclusion that this is the future," he said.

Helm said a regulatory review of EPR programs is underway at the provincial level, and the consultant's report will be added to the discussion.

RUTH DAVENPORT/METRO

Dalhousie University. Students to help showcase Community Energy Plan

City staffers say consulting the public on revisions to the Community Energy Plan could be challenging — but they may get some help from a team of Dalhousie University students.

The Environment and Sustainability Standing Committee heard Thursday staffers revising the plan had difficulty getting responses to a business survey on energy issues.

"We do have a bit of a challenge in terms of engagement in what they're being engaged on right now, because the regional plan is the big thing out there," said sustainable environment manager Richard McClellan.

However, members of the Green Energy Engagement Network at Dalhousie told the committee in an earlier presentation they're undertaking a public awareness campaign about the plan as part of their

Deadline for revision

The revision of the plan is expected to be complete by the end of the 2014-15 business year.

fourth-year environment, sustainability and society project.

The students plan to create a video series about the plan, which identifies cleaner energy sources and more efficient uses thereof, to showcase it and success stories via social media and online platforms.

"This will be referred to as 'learnsourcing,' and will be a collaborative process where community members can develop their knowledge by educating and supporting each other within the context of the CEP," said student Molly O'Ray.

RUTH DAVENPORT/METRO



A sketch of Mason Campbell, boyfriend of Amber Kirwan, during testimony Wednesday. Inset: Christopher Falconer. NEW GLASGOW NEWS; THE CANADIAN PRESS

'Worst nightmare': Victim's boyfriend

Amber Kirwan. Mason Campbell wraps up testimony at murder trial of Christopher Falconer

Testimony from Amber Kirwan's boyfriend Mason Campbell in the first-degree murder trial of Christopher Alexander Falconer wrapped up in court on Thursday.

Falconer is facing a first-degree murder charge in connection with the death of Kirwan between Oct. 9 and Nov. 5, 2011.

Campbell started his testimony Wednesday, but finished on Thursday by recapping how he left his home to pick up Kirwan after receiving a call from her around 1:40 a.m. on Oct. 9. He said he drove to the Royal Canadian Legion parking lot and around the area of North Provost Street in hopes of spotting her.

Quoted

"I wasn't expecting the worst at that time."

Mason Campbell, on when Amber Kirwan failed to meet him on Oct. 9, 2011.

ting her since she didn't show up at their prearranged destination of Big Al's.

When he didn't see her, he drove a party guest home to Stellarton and circled back to the front of Dooley's in hopes of spotting her.

When he couldn't find her, he said he thought she probably stayed with a friend so he returned home.

"At that point, it's not common to be too worried about the worst that can happen. I was a little bit worried. Not like her to stay out and not tell me about it."

He said he returned to their apartment between 2:40 and 3:30 a.m., but left again a while later to look for her. He turned around a short distance from his home after seeing two cabs heading towards his house, but neither pulled into his driveway.

Campbell said he waited on his bed with three phones beside him and in the morning he called her friends and his mother to tell her that Kirwan didn't come home.

He said he also put up a Face-

book post and started searching around Dooley's for her with her friend's that afternoon. He said he didn't want to contact her parents right away because he didn't want to worry them.

Campbell said the next weeks are a blur to him because he was living on cigarettes and a lack of sleep. He was chasing down tips even though the police were telling him to stay out of the investigation for fear of him contaminating the scene.

He said he received a phone call from his mother to come home on Nov. 5, and she told him Kirwan's remains had been found.

"I was numb. Everything came crashing down. It was our worst nightmare."

Under cross-examination, Taylor asked Campbell about an assault charge in 2012 involving a wooden spear. Campbell said the matter was settled with a peace bond because he wanted to "turn the page on that situation." He said he had the spear at his home for protection.

NEW GLASGOW NEWS

Tire tracks, earrings found

Heathbell Road

Following Mason Campbell, the focus of the trial turned to Heathbell Road, where Amber Kirwan's remains were found about a month after she went missing.

Heathbell resident Nathan Goodall testified he worked with Campbell at Michelin and found out two days later at work that it was his girlfriend that was missing. He said his common-law partner, Lisa Williams, was upset over the news. She walked down the road on Oct. 14 and he followed her. As they were about to leave, she stepped around a tree and bent down to pick up a piece of material on the ground.

He said it was a small pair of pants or leggings. When they looked around a little more, they found earrings and tire tracks. He testified that the pants were on the ground between a tree and rock while the earrings were in a tree.

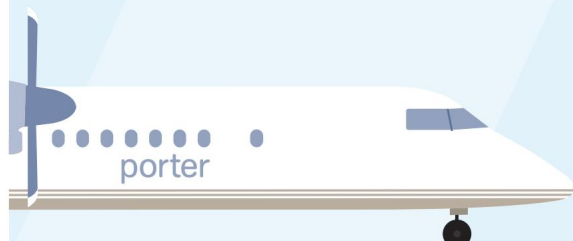


Amber Kirwan CONTRIBUTED

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Anti-bullying effort launched



Glen Canning, left, arrives with Justice Minister Peter MacKay and his wife Nazanin Afshin-Jam, along with the couple's son Kian, at Fairview Junior High School on Thursday for a cyberbullying announcement. Inset: Rehtaeh Parsons. JEFF HARPER/METRO; INSET: FACEBOOK

'You could really end somebody's life'. Feds announce cyberbullying awareness campaign

A crowd of over 100 students listened quietly as Glen Canning talked about how much damage sharing a private photo can have on someone's life during the launch of a new anti-cyberbullying campaign at Fairview Junior High School Thursday.

Canning spoke alongside Justice Minister Peter MacKay, who said the point of the campaign is for parents and children to know when cyberbullying crosses into illegal territory with the distribution of intimate pictures.

"Please stop and just think about it. Think about how hurtful and harmful that could be," said Canning, father of Rehtaeh Parsons.

Parsons died after attempting to take her own life last April, following what her parents say was months of bullying after a private photo was spread around her school.

"You could really end somebody's life," Canning said.

The campaign, Stop Hating Online, will appear around the country in a new commercial showing teens sharing a private photo via their cellphones, until a police officer places them under arrest.

MacKay said it's important to get the message across to kids that sharing intimate photos isn't just wrong, but could change their own lives forever by putting them in jail.

Amanda Jamieson, 15, said she was really glad to see so many people getting behind the message. "This is something that's really important that should be taken care of."

She added cyberbullying is commonplace in junior high, so it's important to talk to those being bullied to help them feel like they have a friend.

While some have criticized the proposed law on distributing images without consent by saying it gives police too much power, MacKay said it's important to modernize the criminal code. He said police would have to go through a judge, so there are safeguards in place.

"Given the very real and devastating effects of cyberbullying, we have to do something and we have to do it quickly," he said.

HALEY RYAN/METRO

Rehtaeh Parsons child-porn case delayed

The case of two teens facing child pornography charges following the death of Rehtaeh Parsons has been postponed until today.

The Crown lawyer handling the case was delayed in arriving to Halifax provincial court due to stormy weather in Toronto.

Both teens are charged with distributing child pornography, and one also faces a charge of making child pornography.

They can't be named because they were under 18 at the time of the alleged offences and both are charged under the Youth Criminal Justice Act.

Parsons was taken off life-support following a suicide attempt last April that her family says was prompted by relentless bullying. They say the 17-year-old was tormented after a digital photo of her allegedly being sexually assaulted was distributed. **THE CANADIAN PRESS**

Money offered for info on Marriott homicide

The Nova Scotia government is offering up to \$150,000 for information that could lead to an arrest in a 2006 murder case.

Justice Minister Lena Diab says anyone who shares information about the death of Wayne Marriott could receive

money.

On June 20, 2006, police found Marriott fatally shot and another person injured in the Halifax community of Beechville.

Police say they believe there are people who have information about the case that

could result in an arrest and possible charges.

The investigation revealed possible suspects, but no one has been charged.

The government says the program has helped the RCMP with other cases.

THE CANADIAN PRESS

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A house up for sale in central Halifax this past summer. Rising prices and dropping sales made for an unusual year in the Halifax housing market in 2013.

JEFF HARPER/METRO FILE

‘Strange’ Halifax housing market in 2013: Broker

‘Didn’t follow the normal rules’. Sales dipped significantly, but prices still rose

GEORDON OMAND
halifax@metronews.ca

Rising prices and dropping sales made for an unusual year in the Halifax housing market in 2013.

According to a year-end housing price survey — released on Thursday by Royal LePage — home sales were down by more than 20 per cent.

But for the same period, the average home price in the city increased between about 2.4 and 4.8 per cent.

“It’s strange,” said Matt Honsberger, a broker with Royal LePage. “It didn’t follow the normal rules of supply and demand.”

“To me what it suggests is that the people who were moving in 2013 were the people who could afford a little more expensive home.”

Honsberger speculated the shipbuilding contract announcement for Halifax likely had an impact as well.

“We probably ate up about 18 months of demand in nine months,” he said.

The housing market in the

Housing price

Average Halifax housing prices for 2013:

- Standard two-storey: \$329,633.
- Detached bungalows: \$300,000.
- Condominiums: \$214,500.

city was further slowed by new mortgage rules introduced in 2012 that were designed to dampen the housing market, said Honsberger.

As for 2014, Royal LePage is

forecasting a straightforward year, with prices staying relatively flat and a slight boost in sales.

“It’ll probably be a boring ... story, to be honest,” said Honsberger.

“Prices probably aren’t going to increase a tonne ... and we probably dropped off as far as we’re going to (with sales).”

The real estate company is forecasting a 1.1 per cent increase in housing-market prices and a 2.9 per cent increase in unit sales.

The situation bodes well for homebuyers, said Honsberger.

“It’s highly unlikely you’re going to be able to get money any cheaper than you can right now,” he said.

Better safe than sick. Flu shots in pharmacies prove popular in Nova Scotia

A Nova Scotia health official says there has been more flu shots administered by pharmacies in the province than were originally planned for this season.

Dr. Frank Atherton, the deputy chief medical officer of health, says the province ordered more vaccinations this year than in any other — about 435,000 doses.

Atherton says 20,000 of those doses were allocated for pharmacies, but that option has proven so popular with patients that pharmacies have given nearly triple

In numbers

60,000

The estimated amount of flu shots given by pharmacists this season.

that amount.

Still, he says there are no vaccine shortages.

Atherton says as a result, the province has been able to send some of its allocated flu vaccine to western Canadian provinces experiencing shortages. **THE CANADIAN PRESS**

Economic assistance. Traves to head review of N.S. business programs

A former university president will lead an independent review of the Nova Scotia government’s economic development assistance programs.

Former Dalhousie president Tom Traves will look at loans, loan guarantees, grants, equity and payroll rebates and is to make recommendations on how the government can better assist economic growth in the province.

The provincial government says he will speak with key business groups and leaders.

He will be assisted by an Ontario-based consulting firm



Tom Traves METRO FILE

in gathering research, which will include looking at best practices and examining ways to improve accountability.

Traves will be paid about \$40,000 for his work, while consulting company Millier Dickinson Blais Inc. will get \$67,000.

THE CANADIAN PRESS



It’s a new year. Recycle your old electronics.

If one of your New Year’s resolutions is to declutter your home, why not start with the old electronics that have been hanging around since before Y2K didn’t happen? Bring your outdated or broken gadgets, free of charge, to one of Electronic Products Recycling Association’s (EPRA) Drop-off Centres. We’ll make sure they are recycled responsibly, helping preserve natural resources for many environmentally-happy new years to come.



For a complete list of electronics accepted at Drop-off Centres province-wide, call 1-877-462-8907 or go online, recycleMYelectronics.ca/ns

N.B. train derailment. Investigators find cracked wheel, broken rail at site

A preliminary investigation into a fiery train derailment in New Brunswick has found a cracked wheel and broken rail at the site but it's too early to say what caused the train to leave the tracks, a senior investigator with the Transportation Safety Board said Thursday.

Guy Laporte said he has had limited access to the scene of the wreckage because of a fire that has been burning since Tuesday night. The CN freight train was carrying crude oil and liquefied petroleum gas when it derailed in Wapske.

CN spokesman Jim Feeny said the company believes a wheel and axle failure was the cause of the derailment based on its preliminary investigation, but Laporte said it's premature to determine that.



Derailed train cars burn near Plaster Rock, N.B., on Wednesday.
TOM BATEMAN/THE CANADIAN PRESS

"It is too early to say what the cause is and contributing factors of this accident might be," Laporte told a news conference Thursday in the village of Plaster Rock, near the derailment site.

THE CANADIAN PRESS

Too big to fail? Over \$1.7B already spent on Cyclone helicopter purchase plan

More than \$1.7 billion has already been spent on the elusive effort to upgrade Canada's helicopter fleet, internal documents show, providing a clue as to why the Harper government is sticking with the troubled program.

In the aftermath of an independent report last fall on the beleaguered plan to buy the CH-148 Cyclone choppers as replacements for Canada's aging Sea King fleet, the government acknowledged it was looking at other aircraft, even going so far as to meet with other manufacturers.

Documents show the money went towards "acquisition progress payments" and "in-service support set-up." The nearly decade-long program has delivered just four test helicopters that National Defence has refused to formally accept.

Cancelling the program was clearly not an option, say critics who accuse the Conservatives of perpetrating a charade with its consultations last fall.

"It would have been a bigger blow to them, to their base, than the F-35 situation," said NDP defence critic Jack Harris.

THE CANADIAN PRESS

Firebomb attack

Fate of 2 Canadians held in Mexico still unclear

Two Canadian women detained in Mexico City in connection with a firebomb attack are still waiting to learn if they will face criminal charges or be set free.

Mexican officials say authorities are currently considering the firebombing an act of vandalism, but that the ongoing investigation could lead to serious criminal charges against the Canadians.

THE CANADIAN PRESS

U.S. national security

Obama weighing options on NSA's phone program

U.S. President Barack Obama is still grappling with key decisions on the future of the National Security Agency's phone collection program, lawmakers said Thursday.

Obama is expected to back tighter restrictions on foreign leader spying and is considering stripping the NSA of its ability to store telephone records from millions of Americans.

THE ASSOCIATED PRESS



N.J. governor apologizes to mayor for his staff's 'stupidity'

New Jersey Gov. Chris Christie, second left, arrives at Fort Lee, N.J., where he travelled to apologize in person to Mayor Mark Sokolich. Moving quickly to contain a widening political scandal, Christie fired one of his top aides Thursday and apologized repeatedly for the "abject stupidity" of his staff, insisting he had no idea anyone around him had engineered traffic jams to get even with a Democratic mayor. RICHARD DREW/THE ASSOCIATED PRESS

Experts say Wright could be let off hook

Senate expense scandal. RCMP's focus on criminal charges could help PM's former chief of staff avoid legal consequences

Nigel Wright could avoid facing legal consequences for his central role in the Senate expense scandal if the RCMP remains focused strictly on possible criminal offences, parliamentary law experts say.

They believe the surer route for prosecutors

against Prime Minister Stephen Harper's former chief of staff is an obscure section of the Parliament of Canada Act.

But so far, the Mounties do not appear to be considering it.

Documents filed in court show the RCMP is intent on proving Wright, along with Sen. Mike Duffy, is guilty of bribery, fraud and breach of trust, as spelled out in the Criminal Code. Wright personally gave Duffy \$90,000 so that the senator could pay back disputed living expense claims.

For Rob Walsh, former law clerk for the House of

Commons, the Wright-Duffy transaction appears on its face to be a clear violation of Sec. 16 of the Parliament of Canada Act.

Walsh said he believes it would be easier to secure a conviction under the act than under any of the Criminal Code provisions cited thus far by the RCMP. Indeed, he doubts criminal charges could be made to stick in relation to the Wright-Duffy deal.

"The evidentiary burden I think is less (under the act) and, to that extent, it ought to be an easier task to prosecute," Walsh said in an interview. THE CANADIAN PRESS

Sec. 16

The act specifies that no senator shall receive "any compensation, directly or indirectly," for services rendered in relation to any bill, contract, controversy, accusation or other matter before the Senate, House or any committee.

- The act further stipulates that it is an "indictable offence" to offer compensation to a senator, punishable by up to one year imprisonment and a fine of \$500 to \$2,000.

Can older firefighters still take the heat?

Older firefighters near the end of their careers might think they can deal with heat, but a new study suggests otherwise.

The Journal of Occupational and Environmental Hygiene published a report on the effects of heat stress on firefighters and non-firefighters.

One might assume that seasoned blaze-battlers are biologically better adapted to

hot habitats than the average Joe, so Glen P. Kenny tested that theory.

The professor at the School of Human Kinetics at the University of Ottawa studied two groups of 51-year-olds: one group of firefighters and another group of equally physically fit non-firefighters.

He led both groups through intensive exercises

while exposed to heat and he measured their physiological responses, including core temperatures.

The results surprised him.

"Firefighters and non-firefighters have the same thermal and cardiovascular response (to heat)," said Kenny. "The only difference is their perceived level of physical strain."

So while seasoned firefighters may think they can take the heat, their physiological responses do not differ from others their age.

Kenny said his findings mean there needs to be better industry guidelines for aging employees who work in the heat, not just firefighters, but construction and road workers. LUCY SCHOLEY/METRO IN OTTAWA

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The Vancouver 2010 Winter Olympics: Defeat, triumph, tragedy and the weather



"Basically all four years lead to one second that can screw you all up."

Canadian ski jumper Stefan Read on failing to qualify for the main competition.



"We have all seen ... how close victory and failure and disaster is together."

Three-time luge gold medalist and German coach Georg Hackl on the death of Georgian luger Nodar Kumaritashvili in a Feb. 12 training crash.



"If 80,000 girls (in Canada) are playing 267 (in Slovakia), that's the 18-0."

International Ice Hockey Federation president Rene Fasel on the state of women's hockey.



"The snow, we bring it in and the warm weather it comes and it disappears."

VANOC spokeswoman Renee Smith-Valade on the rescue of Cypress Mountain's freestyle skiing and snowboarding venues.



"If I could have done this job with a paper bag over my head I probably would have."

VANOC CEO John Furlong on being a public figure.



"These were excellent and friendly Games!"

IOC president Jacques Rogge

Lessons from an old flame

Whether it was the fatal luge crash at Whistler's too-fast sled track, the spring-like weather, or the opening ceremony cauldron malfunction, Vancouver's 2010 Winter Olympics had a dismal start. But they enjoyed a strong finish because red mitten-clad Canadians poured into the streets to cheer on their athletes. But when it comes to a mega-event's legacy, host cities want more than smiles, high fives and happy memories. They want infrastructure, jobs and investment. With the 2014 Winter Games starting next month, Metro looks at Vancouver's Olympic legacy, which could serve as a warning — or hope — for both Sochi and Toronto, host of the 2015 Pan American Games

BOB MACKIN
For Metro in Vancouver



The Olympic cauldron during the Vancouver 2010 Winter Olympics on Feb. 19, 2010, at left, and earlier this year. LEFT: HARRY HOW/GETTY IMAGES FILE; RIGHT: JENNIFER GAUTHIER/FOR METRO



THE PITCH

During his B.C. premiership, Gordon Campbell was the biggest salesman for the Vancouver 2010 Winter Olympics.

He claimed it would add \$10 billion to the province's economy and he boldly challenged the tourism industry to use the Games to double its revenue. Governments also tried to use the Games to spark domestic and international trade and investment, but the 2008 global economic crisis got in the way.

During the boom-and-bust, bid-to-hosting cycle between 2000 and 2010, Campbell's B.C. Progress Board found B.C.'s economy, personal income and jobs rankings fell behind other provinces and social conditions remained static at ninth overall.

TOURISM FALLS SHORT

Through 2012, tourism was a \$13.5-billion industry, unlikely to reach Campbell's \$18-billion wish by 2015.

"Even though it received a boost from the 2010 Olympic Games, the province's tourism sector has not kept pace with the rest of the economy over the longer run, as growth in 2011 and 2012 has been well below the average in other industries," according to a Destination B.C. report.

Since 2007, tourism expanded 4.5 per cent, which is below the 6.1 per cent for the overall economy and the 7.8 per cent for the service sector.

Buoyed by a record Olympic February, Vancouver registered 8.415 million hotel stays in 2010, far below the 2007 record

of 8.91 million. For 2012, the most recent year available, Vancouver counted 8.34 million room nights.

A BOOM FOR REAL ESTATE

Greater Vancouver home-building and buying boomed. The population has swelled by 100,000 since January 2010. The Economist Intelligence Unit named Vancouver the world's third most-livable city, but North America's most-expensive.

Metro Vancouver housing starts of 8,203 in 2000 reached 20,736 in 2007. After plummeting to 8,339 in 2009, starts recovered to 19,027 in 2012.

The Games had an estimated 1.8 billion viewers worldwide, including many deep-pocketed real estate investors.

Real Estate Board of Greater Vancouver statistics show the detached property benchmark was \$425,540 when the International Olympic Committee chose Vancouver in July 2003 and rose to \$800,796 in February 2010. It reached \$927,000 in December 2013.

NOT A BUSINESS DRAW

Vancouver, Richmond and Surrey combined with Western Economic Diversification Canada for the \$1.54-million Metro Vancouver Commerce hospitality program at Games-time. They wine, dined and plied 100 businesspeople with Games tickets, hoping to draw investment.

Two months after the Games, MVC boasted eight deals worth \$60 million. Four

small companies agreed to open Vancouver offices, none of which remains or appears active. A \$25-million hydrogen plant project between North Vancouver's H-Tec and Quebec's Air Liquide hasn't happened. Abbotsford's Cascade Aerospace denied a \$27 million deal with Lockheed Martin was related to MVC.

MVC's February 2011 update claimed \$168.8 million of investments — of which \$146.4 million were one-offs. MVC took credit for luring Mission: Impossible 4 to shoot in Vancouver and Digital Domain's work on Tron and Thor. Digital Domain spokeswoman Julie Miller said the studio couldn't attribute any of its growth to MVC.

Pixar, the Disney digital animation studio, drew Campbell

and Mayor Gregor Robertson to the post-Olympic opening of its Gastown office in April 2010. It closed in October 2013.

WAS IT WORTH IT?

So what became of Campbell's \$10 billion Olympic boost?

An October 2011 PwC report commissioned by Ottawa and Victoria estimated the Games increased B.C.'s Gross Domestic Product by \$2.3 billion from 2003 to 2010. Hosting the Olympics was among many reasons why B.C.'s debt grew \$24 billion over the last decade.

Was the Games' \$6 billion-plus price tag money well-spent? In early 2011, B.C.'s then-Auditor General John Doyle chose not to conduct a post-Games audit.

Post-Games: The good, bad and ugly of the venues

The Olympic-triggered, \$800-million Sea-to-Sky Highway widening made the drive to Whistler faster and smoother. Vancouver International Airport is only 26 minutes from downtown via the \$1.9-billion Canada Line. Vancouver Convention Centre was expanded for \$880 million to host major international conventions and it has the 2010 Winter Games cauldron as a decoration.

But with Canada's athletes bound for next month's Sochi Olympics getting a street party send-off Jan. 11 in Banff — not Whistler — and a homecoming parade planned for May in Calgary, the 1988 Games host that remains the national winter sports training base, one has to wonder: What's the Vancouver 2010 winter sport legacy?

BOB MACKIN/FOR METRO IN VANCOUVER

Vancouver Olympic Village: \$1.1 B

Petitioned to receivership in November 2010, all but 67 of the 1,108 units were sold or rented by November 2013. City of Vancouver is forecasting a \$50 million loss, not counting the \$171 million developer Millennium was supposed to pay for the land. Dozens of condo owners are going to B.C. Supreme Court April 7 to seek refunds. Canada's Sochi 2014 snowboarding team, including Regina's Mark McMorris and 2010 gold medalist Maëlle Ricker of Squamish, was unveiled here on Jan. 3.



Richmond Olympic Oval: \$178 M

Last June's Tough Mudder obstacle race drew 20,000 participants and spectators to Whistler Olympic Park, the biggest Callaghan Valley event since the Games. The two-week Sea-to-Sky Nordic Festival last March served as national championships for the four nordic disciplines, including women's ski jumping. No alpine skiing or snowboarding world cups have returned to the region. Alex Bilodeau won Canada's first home gold medal on Cypress Mountain's freestyle slope, but the Olympic halfpipe was demolished.

Whistler Olympic Park: \$122 M

Site of cross-country skiing, biathlon, nordic combined and ski jumping, it drew 20,000 to last June's Tough Mudder obstacle race. The two-week Sea-to-Sky Nordic Festival last March included national championships for women's ski jumping, which debuted at Sochi 2014 after a failed legal battle before Vancouver 2010.



Whistler Sliding Centre: \$119 M



As of November, all but 67 of the 1,108 units at the \$1.1 billion Village on False Creek had been sold or rented, three years after it was put into receivership over \$740 million owed by developer Millennium. City of Vancouver forecast a \$50-million loss, not including the \$171 million Millennium was supposed to pay for the prime waterfront land. Sixty-eight condo owners, who allege shoddy workmanship, are suing city hall for refunds. A B.C. Supreme Court trial is scheduled to begin April 7.

Elsewhere

Curling is still played at the \$85.45 million Hillcrest Centre, but its post-Olympic configuration includes a hockey rink, swimming pools and a library. Cypress Mountain cost \$17.6 million to prep for the Games. Alex Bilodeau won Canada's first home gold on its freestyle skiing slope, but the snowboarding halfpipe was demolished after the Games. Ceremonies venue B.C. Place Stadium, renovated for \$514 million after the Games, boasts the B.C. Sports Hall of Fame and its Olympics gallery.



Luge tragedy remains darkest legacy of 2010

Outside Whistler Sliding Centre's office, a plaque on a bench in memory of luger Nodar Kumaritashvili reads: "In his honour, live life fully and pursue excellence in all that you do." The flag of Georgia is draped above.

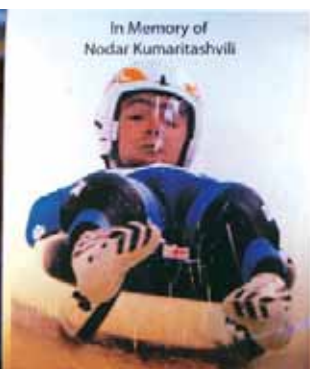
The 21-year-old, from the country next door to Sochi, reached 144.3 km/h during the fateful Feb. 12, 2010 training run, exceeding the track's designed speed. He was catapulted off his out-of-control sled, into an unpadded pole, and pronounced dead an hour later.

Unlike Polish-born-Brit Kazimierz Kay-Skrzypski at Innsbruck 1964, Kumaritashvili's crash was broadcast and it was on opening day.

In February 2011, CBC's Fifth Estate revealed a March 2009 email by VANOC CEO John Furlong to senior VANOC executives. Architect Udo Gurgel complained the track was not built to his speed specifications.

"An athlete gets badly injured or worse and I think the case could be made we were warned and did nothing," Furlong wrote.

The B.C. Coroner ruled it an accident. A safety audit by Southern Alberta Institute of Technology recommended international luge and bobsled



A small vigil for Georgian luger Nodar Kumaritashvili was held under large Olympic rings in the village prior to the opening ceremonies in Whistler, B.C., on Feb. 12, 2010. BERNARD WEIL/TORSTAR NEWS SERVICE FILE

federations improve track design guidance, a maximum safe velocity, rollover barrier design standards, incident analysis, equipment safety and driver/slider competence.

The men's start was moved down to the women's level the day after the tragedy. A new women's start was built for the 2013 world championships.

The steep Blackcomb slope and narrow footprint helped make Whistler the world's fastest track, one-fifth the width of Salt Lake's 2002 track. The \$119 million sliding centre opened in 2008, more than double the Bid Book budget. Did a nearby run-of-river power plant influ-

ence the design?

Correspondence between Fitzsimmons Creek power plant builder Ledcor and the Vancouver 2010 Bid Corporation in 2002 and 2003 indicated the location for the 3.4 km penstock pipe was contentious. Ledcor worried that moving it too close to cliffside would be risky and wanted compensation from VANOC for the added costs. The 2009-installed pipe comes within 10 m of the track. Owner Innergex began operations in January 2010.

SAIT Prof. Alex Zahavich said his audit did not look at "anything relative to the surrounding area." International

Luge Federation executive director Svein Romstad was unaware the penstock was a bid-era issue. VANOC construction chief Dan Doyle said it was "resolved without much fuss."

"I do not remember having to change the design of the track because of it," said Doyle, now B.C. Premier Christy Clark's chief of staff.

Online

For more on Metro's 2010 Olympics look back, go to metronews.ca.



With opposing hearts

Olympic booster and opponent ponder Vancouver legacy

Ex-Vancouver Canucks owner Arthur Griffiths was Vancouver Whistler Bid Society's leader when it got Canadian Olympic Committee approval in 1998 to seek the 2010 Games. Scientist and author Chris Shaw was Vancouver's best-known Olympic critic. In separate interviews they look back at Vancouver 2010.

Most important legacy?

Griffiths: "The spirit that Vancouver demonstrated... That our fans, the residents and so on just really stepped up to the plate and made this a fun experience for anybody that watched or attended the Games."

Shaw: "The Government of Canada, acting on behalf of the Olympics, made the possibility of civil dissent a subject for surveillance. For me that was the most shocking revelation, that our society is not as free and democratic."

Was it money well spent?

Griffiths: "Without question... Ultimately Vancouver showed that you can host the Olympics by creating venues that have real long term use and take advantage of the venues that are already here."

Shaw: "I don't think so. Comparing it to the Russians, guess we got a bargain! That \$6 billion or whatever the real number turned out to be could clearly have been used for many more beneficial things that would have aided society at large."

Advice for Toronto, host of the 2015 Pan American Games.

Griffiths: "They're spread out over such a vast area. It is a huge, huge undertaking, just more athletes than the Winter Games. I hope they will demonstrate to themselves, they will demonstrate to anybody looking, the IOC and FIFA, that there is an opportunity for Toronto ... to host a future Games or some major sporting event. Toronto is more than equipped for it."

Shaw: "Your city is going to change for that period of time and you will not be able to go about your business the same way because it is for the benefit of the people who run the Games... best advice is to do what a lot of people did in Vancouver: Get out of town... Having said that, if you really want to express your view, go out in the streets with a placard and see how far you get with that and express your displeasure to the powers that be." BOB MACKIN/FOR METRO IN VANCOUVER

Food heavyweights have slim-down success

Beat resolution.

Companies used classic diet methods — portion control and calorie reduction — to pare down calories in products

Some of the largest food companies in the U.S. have cut daily

calorie counts by an average of 78 per person, a new study says, more than four times the amount the industry pledged to slash by next year.

The study, sponsored by the Robert Wood Johnson Foundation, found that between 2007 and 2012, the estimated total cut in food product calories from a group of 16 major food companies was in the range of 6.4 trillion.

Seventy-eight calories would be about the same as an average cookie or a medium apple, and the federal government estimates an average daily diet at around 2,000 calories.

The study said the calories cut averaged out to 78 calories per day for the entire U.S. population. The 2010 pledge taken by the companies — including General Mills Inc., Campbell Soup Co., ConAgra Foods Inc.,

Kraft Foods Inc., Kellogg Co., Coca-Cola Co., PepsiCo Inc. and Hershey Co. — was to cut one trillion calories by 2012 and 1.5 trillion calories by 2015. The Robert Wood Johnson Foundation signed on to hold the companies accountable, and it hired researchers at the University of North Carolina to count the calories in almost every single packaged item in the grocery store. **THE ASSOCIATED PRESS**



Those are some svelte-looking soup cans. Some major U.S. food companies successfully reduced calories in recent years. **J. DAVID AKE/THE ASSOCIATED PRESS**

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Green with envy?

While you're stuck in public transit hell Googlers commute via a private ferry

Google workers commuting from San Francisco to the company's Silicon Valley campus can now make part of the trek on an 83-foot, Wi-Fi-equipped catamaran.

The popular search engine has launched a free ferry service from San Francisco's ferry terminal to the Port of Redwood City about 42 kilometres away, where staffers can then hop a private bus to work.

THE ASSOCIATED PRESS

Red with rage?

While you're stuck in rental hell a two-storey home rose by 3.6%

House prices in Canada rose in the last quarter of 2013, according to the latest survey by Royal LePage, which found that the average price of a home in Canada rose in the fourth quarter.

Royal LePage said the average cost of a standard two-storey home rose 3.6 per cent year over year to \$418,282, while detached bungalows went up 3.8 per cent to \$380,710.

THE ASSOCIATED PRESS

Page turner. French Senate tries to give independent bookstores fairy tale ending

If the French Senate gets its way, retail giant Amazon and its online peers won't be able to offer free book deliveries in France anymore.

In an unusual show of unity Thursday, the upper house of parliament unanimously approved a bill that would amend a 33-year-old law regulating book prices, and help struggling independent book sellers, which have faced tough competition from cost-cutting online vendors in the digital age.

The bill would allow online vendors like U.S.-based



A new bill calls for online companies like Amazon to stop free delivery in France. THE ASSOCIATED PRESS FILE

Amazon to cut the regular delivery price by up to five per cent — but not provide free delivery.

THE ASSOCIATED PRESS

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HASHTAGS, JELLY AND THE GREEN LADY

1 Hockey Canada. The team announced their men's roster live on TV and Twitter, and the hashtag #TeamCanada blew up with people chirping on who made the team and who didn't. After all, what's more important than the Olympic Men's Hockey team? Nothing. Biggest question mark: Why didn't Martin St. Louis make the team?

2 Hatching Twitter. This excellent new book by Nick Bilton tells the story of how Twitter came to be. It talks about the drama between the founders as the revolutionary social media platform was built and became the biggest thing since... well, Facebook. The book also explains that constant "Fail Whale" that used to plague the site.

3 Dragons' Den auditions. The 2014 Audition Tour for the hit show begins Jan. 18 in Toronto before heading coast to coast over the next few months to accept pitches from would-be entrepreneurs. My pitch this year will be a solar vortex line of clothing to combat Canadian weather such as blizzards and ice storms.

4 Tweet-a-Coffee. Starbucks Canada announced an e-gifting program, Tweet-a-Coffee, allowing customers to send \$5 gift



THE METRO LIST
Neil Morton
metronews.ca

cards through Twitter by going to Starbucks.ca. Customers can redeem it at stores by showing it directly on their mobile device. Great idea. Now when are we going to see Tweet-a-Double-Double from Tim Hortons?

5 Toronto Raptors. Ever since they traded their star player Rudy Gay in December, they have done everything but tank. In fact, they have become the talk of the NBA with their young, exciting nucleus of Terrence Ross, Kyle Lowry, Amir Johnson, Jonas Valanciunas and DeMar DeRozan. Playoff team? Slam dunk. This team is for real.

6 #WeAreWinter. The Canadian Olympic Committee announced a We Are Winter-marketing campaign including a social media partnership with Twitter to use the hashtag

#WeAreWinter. It is meant to denote Canadian Olympians can handle this winter stuff. It's at the heart of our identity. We'll prove it for sure when the Games begin Feb. 7 in Sochi, Russia. Until then, chill out.

7 Jelly. Twitter founder Biz Stone launched his startup Jelly, an app that lets you ask questions, push them out to your net-

work and get rapid responses. Jelly puts a heavy emphasis on visuals, encouraging users to post photos and ask questions about what they're seeing. This could become the world's biggest and longest visual Q & A ever.

8 Juan Pablo. The new season of The Bachelor debuted this week with 27 suitors for hunky Latino star Juan Pablo, whose name quickly went trending on social media. Thousands of guys are now secretly hoping their partner refers to them as "my Juan Pablo."

9 SNL. Mark Jan. 18 on your calendar as Canadian hip-hop star Drake will have double duty that night, being host and musical guest of SNL. That show also marks the debut of the show's new cast member Sasheer Zamata, the first female African-American cast member since Maya Rudolph's departure in 2007. This will be a special night.

10 The Green Lady. One of the oddest police releases ever went out this week. Someone stole a six-foot tall, 600-pound green avatar mannequin wearing a \$300 black fur coat from the front porch of a fashion store called Tragically Hipp in downtown Lakefield, Ont. She was known as The Green Lady. The Tragically Hipp should write a song about her.



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ZOOM

Meanwhile, in Australia ...



TRISH WIMBERLEY/AUSTRALIAN BAT CLINIC/THE ASSOCIATED PRESS

Record heat wave Down Under

Heat-stressed baby flying foxes are lined up ready to feed at the Australia Bat Clinic near the Gold Coast in Queensland, Australia. Bats are dropping from trees, kangaroos are collapsing in the Outback and gardens are turning brown. While North America freezes under record

polar temperatures, the southern hemisphere is experiencing the opposite extreme as heat records are set in Australia after the hottest year ever.

Weather forecasters said some parts of the sparsely populated Pilbara region along



the rugged northwest coast approached 50 C on Thursday.

The late arrival of the monsoon in northern Australia, which has a cooling effect, is contributing to the searing heat, said the manager of climate monitoring at Australia's Bureau of Meteorology. Global warming also plays a role, he said.

THE ASSOCIATED PRESS

By the numbers

50K

At least 50,000 bats have been killed by the heat in the state's southeast, said Louise Saunders, president of the Queensland animal welfare group Bat Conservation and Rescue. Heat-stressed bats cling to trees and urinate on themselves in a bid to reduce their body temperatures, she said. "As they succumb, they just fall in heaps at the base of trees ... you can have 250 or more. It's like dripping chocolate, all dying at the base of trees."

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

TVs boasting screens swollen to silly sizes have stolen the Consumer Electronics Show spotlight this week. But in the end, they're just TVs. Very, very expensive TVs. Nuts to that. We want gadgets! Here are three CES gizmos with crowdsourcing campaigns you can jump into.



COURTESY ATOUCHJET.COM

PrioVR:

Many gamers have been lusting for Oculus Rift, a virtual reality gaming system that boasts, among other things, a mortality-teasing guillotine simulator. PrioVR, pretty much a full-body VR Power Glove hosting an array of sensors capable of real-time motion capture, may be destined to turn this nascent VR lust into love. (prioivr.com)

Touch Jet:

Sure, a small projector that attaches to your mobile device so you can display your images on a wall is pretty cool. But

a device that projects a working touchscreen on a wall? That's some science-fiction that fits snugly in your pocket. The company behind it is planning to launch an Indiegogo campaign in February. (atouchjet.com)

Solar Cool:

We're willing to bet you've audibly wished for a solar-powered beverage cooler on some hot day, even if that probably seems like a distant memory this winter. Well, here it is: capable of holding up to 114 cans, this device promises to capture the heat of the sun and convert it to pleasant, drinkable refreshment. (solarcooltech.com)

Comments

RE: Danish Cinnamon Rolls Too Spicy for EU Rules, published online Wednesday, Jan. 9

EU = ultimate nanny state.
Myworkisdonehere, posted to metronews.ca

I'm glad they still have time for issues like this, we wouldn't want

them to solve the financial crisis that has plunged Southern Europe into a depression.

There is a theory that says having a large proportion of young men in a society make it more warlike. Perhaps having a large proportion of seniors makes a society cautious to the point of inaction.

BugsBunny, posted to metronews.ca

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Synopsis

The Reel Guys are hardy Canadians, but with the sub-zero weather we've been having lately even the most robust Canuck deserves a snow day. With that in mind, the Reel Guys have put away their long underwear, ear muffs and dignity and decided to stay home. At the risk of earning ridicule from our friends in Saskatchewan and other places where it regularly gets frigid, here are our ideas for movies to take your mind off the deep freeze. Close the drapes, turn up the heat and enjoy...

Reel Guys

RICHARD
CROUSE AND
MARK BRESLIN



Put on Blue Crush and pretend you're in Hawaii. HANDOUT

Come, warm yourself by the glowing blue screen

Movies to forget the snow. The Reel Guys chat about the films that get them hot

Richard: Spring Breakers was shot in St. Petersburg, Florida, so expect lots of beach shots, beautiful sunsets and a young cast — featuring Selena Gomez, Vanessa Hudgens, Ashley Benson and Rachel Korine—stripped down to clothing that would cause instant frost bite for those of us living in the Great White North these days. The story of the illegal way they try to make money for spring break plays more like a wild music video than traditional film, but there's no denying the heat that comes off the screen.

Mark: Heat is right! I thought I was going through male menopause watching the movie. Another way to bring some cinematic heat into this cold hard winter is by watching as many surfing movies as possible. There are the documentaries, to be sure, but, wet suits replace bikinis ... not good! I like movies like Blue Crush, Soul Surfer, and my all-time favourite, Point Break, which mixes surfing, bank robbery, and acid cults with Keanu Reeves at the helm. Marvellous!

RC: Surfing movies were never really my thing, but in the goofy Surf's Up there's animated penguins, goofy sidekicks, loads of poop jokes and Zooey Deschanel but it's a cut above the rest. On another note, not since Meatballs has a movie captured

the silliness of summer camp. Wet Hot American Summer was shot in a cold Pennsylvania spring — you can even see the actor's breath sometimes — but it's still plenty steamy. The all-star millennial comedy cast features Paul Rudd, Amy Poehler and Bradley Cooper in a Hello Muddah, Hello Fadduh story about the last wild day of camp.

MB: Summer camp? I'm with you on the Canadian classic Meatballs, with the great Bill Murray. But there's another counter-intuitive way to go here, Richard. And that is to watch movies that depict a world so hot, you'll be wishing for some refreshing snowflakes. Just put on the great Lawrence of Arabia. You'll want to make a snowman

by the second hour. Or Gus Van Sant's Gerry or Antonioni's Zabriskie Point, both of which take place in literal and existential deserts. Dune would probably work too, although I've never met anyone who could watch it all the way through.

RC: Talk about flipping from one extreme to the other. I'll stick with a more moderate climate for my last pick. Under the Tuscan Sun is a hot love story starring Diane Lane set in moderate, but enjoyable temperatures.

MB: A lovely movie. But let's not forget the old standby: The Yule Log, burning brightly on DVD. Not much of a cast, the acting is wooden, but the dialogue crackles!

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Cube and Hart buddy up in new comedy

Ride Along. Actors talk about trying to make a movie in the spirit of 48 Hours

It takes a certain amount of confidence and bravado to wade into the buddy-cop genre with a brand new entry, and luckily no one's ever accused Ice Cube and Kevin Hart of lacking confidence. Here's what they had to say about what it took to pull off their new comedy, *Ride Along*.

Ice Cube on how to approach a "buddy-cop" movie:

The goal for *Ride Along* was to "be true to the characters and the script, but also try to find a niche that makes us unique. People have seen buddy comedies since movies began, even before that probably. There are some great ones, and they're great for a reason: because they make their own niche and their own mark on the genre. That's what we wanted to do. We want it to be 48 Hours for this new generation who don't know who the hell Nick Nolte is.

Kevin Hart on being careful to not make his character too annoying:

You have to have someone there who can dial you back, and Cube coming in as an actor, a producer, a guy who was really in front of and behind the scenes on this film, he wasn't shy with collaboration and suggestions. When you're protected and everybody knows to pull you back when you're going too far, it just helps for not only a great rapport but for building trust.

Ice Cube on how annoying Kevin Hart actually is:

Kevin is not annoying at all just as himself, but he plays that mosquito very well. He knows how to go there and make it feel honest and true, and that's cool because if you don't stay in your lane on these movies, they can kind of cancel each other out. I'm not trying to be funny and he's not trying to say, 'OK, here's my scene where I can be Dirty Harry.' I trust that he's going to come up with the funny lines, he's going to have the funny ad-libs. And he trusts me to sustain the setup and try

to milk it as long as we can before it falls apart.

Ice Cube on having an "I guess it was a good day" reference worked into the film:

Tim Story or the writers (thought of that). For some reason, in most of my movies I'm saying something that has to do with a record I've done. In *Torque*,

I drove right by the police and they were like, 'Say f— the police right as you drive by.' I just did some stuff with 22 Jump Street where they wanted me to say one of my lines. It's cool. I don't mind. Only if it works for what we're doing, if it adds up to a wink-wink to the audience."

Kevin Hart on the joys of filming in Atlanta:

I loved Atlanta. I can't say why I had a good time because I don't want this to come out misconstrued. But I love Atlanta for a lot of reasons. I'm in a relationship and I love my lady. I just want to... clear that up. (laughs) I'll leave it there.

Quoted

"For some reason, in most of my movies I'm saying something that has to do with a record I've done."

Ice Cube on directors asking him to quote lines from his songs in movies



Ice Cube stars in *Ride Along*, which opens next Friday. CONTRIBUTED

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Action/Biography



Lone Survivor

Director. Peter Berg

Stars. Mark Wahlberg,
Taylor Kitsch

Lone Survivor is further proof that war is hell. Based on a failed real-life SEAL Team 10's Afghanistan mission to locate and eliminate a Taliban leader — the movie's title is a spoiler. The operation goes wrong almost as soon as the team — Marcus (Mark Wahlberg), Michael (Taylor Kitsch), Danny (Emile Hirsch) and Matthew (Ben Foster) — touch ground in the Kush Mountains. Not since Saving Private Ryan has a battle scene been so effectively rendered but it isn't a propaganda film: it's a stark reminder of the camaraderie of soldiers. **RICHARD CROUSE**

Drama/Comedy



Her

Director. Spike Jonze

Stars. Joaquin Phoenix

Writer-director Spike Jonze's latest oddball offering is an emotionally sophisticated, Sci-Fi tinted love story hiding in an absurdist fantasy skin. In it, Joaquin Phoenix plays a professional letter writer who falls madly in love with his sentient, sensual operating system (voiced gloriously by Scarlett Johansson) with surprising, surreal results. Her is like a mad amalgam of Ray Bradbury's *I Sing The Body Electric* smashed up against *Demon Seed* anchored by sly satire and an unforgettable, career best turn by Phoenix. **CHRIS ALEXANDER**

Comedy/Drama

August:
Osage County

Director. John Wells

Stars. Meryl Streep, Julia
Roberts, Benedict Cumberbatch

Fans of dysfunctional family dramas, you've hit the jackpot. In this adaptation of playwright Tracy Letts's *August: Osage County*, a patriarch's mysterious disappearance prompts a star-studded family reunion that will make your wacky relatives look saintly. The highly anticipated on-screen union of Streep and Roberts doesn't disappoint, but it's understated, touching performances by Cumberbatch, Margo Martindale and Juliette Lewis that give *August* its gravitas. **MANORI RAVINDRAN**

Lone Survivor a tricky project for producers

Marcus Luttrell, the former Navy SEAL whose deadly mission in Afghanistan has been turned into the film *Lone Survivor*, strides into a hotel room for an interview, trailed by his service dog, Mr. Rigby.

The tall, hulking, goateed Navy Cross recipient greets a journalist with a rock-hard grip, and nods to director Peter Berg and star Mark Wahlberg, who plays him in the film.

Based on Luttrell's best-selling 2007 memoir, *Lone Survivor* is about a 2005 four-man operation in northeastern Afghanistan's Kunar province, which fell apart when a trio of goat herders stumbled upon the staked-out SEALs.

After releasing the civilians and aborting the mission, the SEALs were quickly ambushed by the Taliban in a firefight that tumbled down a rocky gulch, killed Luttrell's three fellow SEALs, left Luttrell badly injured and, in an attempted rescue, killed Luttrell's three fellow SEALs.

Lone Survivor is the latest in a series of films that pay

Emile Hirsch in *Lone Survivor*. THE ASSOCIATED PRESS

tribute to the U.S. Navy's special forces.

Luttrell would rather not talk about any of it. He went along with *Lone Survivor* and wrote the book at the urging of his superiors. *Lone Survivor* is a uniquely close collaboration, one in which Berg and Wahlberg (both producers) worked under significant pressure from the families of those who died and active-duty SEALs to faith-

fully render the soldiers' lives, in battle and in brotherhood.

"I was at the screening when there were a hundred moms and dads of dead soldiers," says Berg. "And I was at a screening where there were 500 active members of special operations, ... and those are different. Because when those lights come up, those people are going to look you in the eye."

THE ASSOCIATED PRESS

RollingStone

"A POWERHOUSE."

'Lone Survivor' laces action with moral questions that haunt and provoke."

Peter Travers

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Of tigers, hexes and bears



SOUND CHECK
Alan Cross
scene@metronews.ca

I tried to keep things serious this week but everything went off the rails rather quickly. It must be the cold.



Blue Eyed Hexe/ The Pixies

The Pixies start 2014 with a new four-track release entitled EP-2, which includes plenty of cowbell à la '89's U-Mass. Fan will approve.

Tiger Train/ Liam Lynch

I have no idea what's going on in this jokester's latest video, but I couldn't look away. It now inhabits my dreams.



Pop, Lock & Drop It/Animatronic Bear Band

Yes, I mean one of those cutesy robot bands you see at places like Chuck E. Cheese. Some guy bought one and programmed it to perform Huey's 2009 crunk track. Surreal.

OutKast reunites for music festival

Coachella. Hip-hop duo to return to the stage after half-decade hiatus

Rap duo OutKast will headline the Coachella Valley Music and Arts Festival in April, ending a half-decade hiatus for one of hip-hop's most popular and important acts.

OutKast joins Arcade Fire and Muse as headliners for the festival that plays over two weekends in Indio, Calif.

Other acts scheduled include Pharrell Williams, Beck, Queens of the Stone Age and Lorde. The reunited The Replacements also will appear.

Andre "Andre 3000" Benjamin and Antwan "Big Boi" Patton came out of Atlanta with a



Antwan "Big Boi" Patton, left, and Andre "Andre 3000" Benjamin of OutKast appear onstage during MTV's Total Request Live at the MTV Times Square Studios in New York City in this 2006 file photo. GETTY IMAGES FILE

unique sound two decades ago and became one of rap's top-selling and most-lauded acts, winning the Grammy Award for album of the year for

double album Speakerboxxx/The Love Below. They have not released an album as OutKast since 2006's Idlewild, a soundtrack. **THE ASSOCIATED PRESS**

THESE PAGES COVER MOVIE START TIMES FROM FRI., JAN. 10 TO THURS., JAN. 16. TIMES ARE SUBJECT TO CHANGE.

Bayers Lake 190 Chain Lake Dr.

47 Ronin 3D (PG) Fri-Sat 2:10-5:10:30 Thu 2:10-5:7:30
American Hustle (STC) Fri-Sat 12:50-4:7:15-10:50 Sun-Thu 12:50-4:7:15-10:20
Anchorman 2: The Legend Continues (STC) Fri 2:15-5:05-7:55-10:45 Sat 11:40-2:15-5:05-7:55-10:45 Sun-Wed 2:45-7:40-10:30 Star & Strollers Screening Wed 11 Thu 2:45-7:40
August: Osage County (14) Fri-Thu 1:05-4:05-6:55-9:50 Star & Strollers Screening Wed 11
Devil's Due (STC) No Passes Thu 10:15
Evangelion: 3.0 You Can (Not) Redo (STC) Sat 12:55 Thu 7:30
Frozen (G) Fri 2:35 Sat 11-12-2:35 Sun-Thu 2:35
Frozen 3D (G) Fri-Thu 5:15-7:45 Grudge Match (STC) Fri 2:45-5:10-7:40-10:25 Sat 11:25-2:45-5:10-7:40-10:25 Sun-Thu 2:45-5:10-7:40-10:25 Her (STC) Fri-Thu 1:25-4:25-7:25-10:25
The Hobbit: The Desolation of Smaug (PG) Fri-Thu 10:20
The Hobbit: The Desolation of Smaug 3D (PG) Fri-Thu 1:40-20:25
The Hobbit: The Desolation of Smaug: An IMAX 3D Experience (PG) Fri-Sat 12:40-3:50-7:05-10:20 Sun 12:40-3:50-7:05-10:20 Mon 12:40-3:50-7:05-10:20 Tue 12:40-3:50-7:05-10:20
The Hunger Games: Catching Fire (PG) Fri-Wed 12:30-3:35-6:45-10:30 Thu 12:30-3:35-10:30
Jack Ryan: Shadow Recruit (STC) No Passes Thu 10:20
Justin Bieber's Believe (STC) Fri 1:40-3:55-6:20-8:30-10:45 Sat 11:30-1:40-3:55-6:20-8:30-10:45 Sun-Thu 1:40-3:55-6:20-8:30
Lone Survivor (STC) Fri-Thu 1:35-

4:35-7:35-10:35
Paranormal Activity: The Marked Ones (STC) Fri 1:20-3:40-6-8:15-10:40 Sat 11:15-1:20-3:40-6-8:15-10:40 Sun-Thu 1:20-3:40-6-8:15
Philomena (PG) Fri-Thu 5:50-10:30
Puss in Boots (G) Sat 11
Ride Along (STC) No Passes Thu 10:10
Saving Mr. Banks (STC) Fri 2:30-5:20-8:10-11 Sat 5:20-8:10-11 Sun-Thu 2:30-5:20-8:10
The Secret Life of Walter Mitty (STC) Fri 2:45-5:30-8:05-11 Sat 12:10-2:45-5:30-8:05-11 Sun-Thu 2:45-5:30-8:05
Walking With Dinosaurs (STC) Fri 1:15 Sat 11:10-1:15 Sun-Thu 1:15
Walking With Dinosaurs 3D (STC) Fri-Thu 3:30-8:20
The Wolf of Wall Street (STC) Fri-Thu 2:40-6:30-10:10

Oxford Theatre 6408 Quinpool Rd.

An Affair to Remember (STC) Sun 12:55 Wed 7
Nebraska (STC) Fri 6:45-9:30 Sat-Sun 4:45-9:30 Mon-Tue 6:45-9:30 Wed 9:30 Thu 6:45-9:30

Park Lane 5657 Spring Garden Rd.

American Hustle (STC) Fri-Sat 1:35-5:55-9:50 Sun 1:35-5:55-9:50 Mon-Thu 3:55-6:50-9:35
Anchorman 2: The Legend Continues (STC) Fri-Sat 1:20-4:05-7:25-10:10 Sun 1:20-4:05-7:25-10:05 Mon 4:05-10:05 Tue-Thu 4:05-7:25-10:05
August: Osage County (14) Fri-Sat 1:05-4:05-6:45-9:35 Sun 1:05-4:05-6:45-9:25 Mon-Thu 4:05-7:15-10:10
Her (STC) Fri-Sun 1:45-4:30-7:15-10:10 Mon-Thu 4:30-7:15-10:10
The Hobbit: The Desolation of Smaug 3D (PG) Fri-Thu 3:45-7:30
Inside Llewyn Davis (STC) Fri-Sat 1:50-4:25-7:10-10:15 Sun 1:50-4:25-



Paranormal Activity: The Marked Ones. CONTRIBUTED

7:10-9:50 Mon 4:25-7:10-10:10 Tue 4:25-7:10-9:55 Wed-Thu 4:25-7:10-9:50
Lone Survivor (STC) Fri-Sun 1:30-4:15-7:05-9:45 Mon 4:15-7:05-9:45 Tue 4:15-7:05-9:50 Wed-Thu 4:15-7:05-9:45
V for Vendetta (STC) Mon 7:30
The Wolf of Wall Street (STC) Fri-Sat 2:40-6:30-9:25 Sun 2:45 Mon-Thu 3:40-7:45

Lower Sackville 760 Sackville Dr.

American Hustle (STC) Fri 6:30-9:40 Sat 1:20-4:20-6:30-9:40 Sun 1:20-4:20-6:30-9:30 Mon-Thu 6:30-9:30
Anchorman 2: The Legend Continues (STC) Fri 7:05-9:50 Sat 1:20-4:10-7:05-9:50 Sun 1:20-4:10-6:55-9:45 Mon-Thu 6:55-9:45
The Hobbit: The Desolation of Smaug 3D (PG) Fri 7:30 Sat-Sun 2:7:30 Mon-Thu 7:30
Lone Survivor (STC) Fri 6:45-9:45 Sat 1:35-6:45-9:45 Sun 1:35-6:45-9:20 Mon-Thu 6:45-9:20

Dartmouth Crossing 145 Shubie Dr.

47 Ronin 3D (PG) Fri-Thu 10:35
An Affair to Remember (STC) Sun 12:55 Wed 7
American Hustle (STC) Fri 2:45-7:10:15 Sat-Sun 12:35-3:45-7:10:15 Mon-Tue 2:45-7:10:15 Wed 2:45-10:15 Star & Strollers Screening Wed 11 Thu 2:45-7:10:15
Anchorman 2: The Legend Continues (STC) Fri-Sat 2:45-7:50-10:40 Sun 4:50-7:50-10:40 Mon-Wed 2:45-7:50-10:40 Thu 1:30-4:20-

7:15
August: Osage County (14) Fri 1:35-4:30-7:15-10 Sat-Sun 1:05-4:05-7:55 Mon-Thu 1:35-4:30-7:15-10 Star & Strollers Screening Wed 11:10
Devil's Due (STC) No Passes Thu 10:15
Frozen (G) Fri 2:35 Sat-Sun 12 Mon-Thu 2:35
Frozen 3D (G) Fri 5:15-7:50 Sat-Sun 2:35-5:15-7:50 Mon-Thu 5:15-7:50
Her (STC) Fri 1:30-4:30-7:30-10:15 Sat-Sun 1:15-4:15-7:15-10:15 Mon-Thu 1:30-4:30-7:30-10:15
The Hobbit: The Desolation of Smaug (PG) Fri-Thu 1:30-5:05-8:45
The Hobbit: The Desolation of Smaug 3D (PG) Fri 2:30-6:30-10 Sat-Sun 11:45-3:15-6:55-10:20 Mon-Thu 2:30-6:30-10
Jack Ryan: Shadow Recruit (STC) No Passes Thu 10
Lone Survivor (STC) Fri 1:40-4:40-7:25-10:30 Sat-Sun 1:25-4:25-7:25-10:25 Mon-Thu 1:40-4:40-7:40-10:30
Paranormal Activity: The Marked Ones (STC) Fri 1:30-3:40-6-8:20-10:40 Sat-Sun 1:20-3:40-6-8:20-10:40 Mon-Thu 1:30-3:40-6-8:20-10:40
Puss in Boots (G) Sat 11
Ride Along (STC) No Passes Thu 10:10
Saving Mr. Banks (STC) Fri 1:30-4:10-7:10-10:25 Sat-Sun 12:25-3:45-7:10-10:25 Mon-Wed 1:35-4:25-7:15-10:05 Thu 1:35-4:25-7:15
The Secret Life of Walter Mitty (STC) Fri 2:30-5:15-8-10:40 Sat-Sun 11:45-2:30-5:15-8-10:40 Mon-Wed 2:30-5:15-8-10:40 Thu 2:45-7:30
The Wolf of Wall Street (STC) Fri 3:40-9:55 Sat-Sun 12-3:15-6:40-9:55 Mon-Thu 1:45-5:45-9:20

Truro

20 Treaty Trail, Millbrook
American Hustle (STC) Fri 6:30-9:35 Sat-Sun 1-2:30-6:30-9:35 Mon-Thu 6:30-9:35
Anchorman 2: The Legend Contin-

ues (STC) Fri-Thu 9:30
Frozen (G) Fri 6:40 Sat-Sun 1:10-6:40 Mon-Thu 6:40
Frozen 3D (G) Sat-Sun 3:45
The Hobbit: The Desolation of Smaug 3D (PG) Fri 8 Sat-Sun 4:05-8 Mon-Thu 8
Lone Survivor (STC) Fri 7-9:50 Sat-Sun 1-3:50-7-9:50 Mon-Thu 7-9:50
Paranormal Activity: The Marked Ones (STC) Fri 6:30-10:05 Sat-Sun 1:15-3:50-6:30-10:05 Mon-Thu 6:30-10:05
Saving Mr. Banks (STC) Fri 6:50-9:40 Sat-Sun 1:05-4:05-9:40 Mon-Thu 6:50-9:40
The Wolf of Wall Street (STC) Fri 6:20-8:40 Sat-Sun 2-6:20-8:40 Mon-Thu 6:20-8:40

Bridgewater 349 Lahave St.

American Hustle (STC) Fri 6:30-9:35 Sat 1-3:20-6:30-9:35 Sun 1-3:20-6:30-9 Mon 6:25-8:50 Tue 6:30-9 Wed-Thu 6:25-8:50
Anchorman 2: The Legend Continues (STC) Fri 6:40-9:25 Sat-Sun 1:20-4-6:40-9:25 Mon 6:35-9:25 Tue 6:40-9:25 Wed-Thu 6:35-9:25
Frozen (G) Sat-Sun 1:05
Frozen 3D (G) Fri 6:10 Sat 3:40-6:10 Sun 3:40-6:20 Mon-Thu 6:20
Grudge Match (STC) Fri-Sat 10 Sun-Thu 9:35
The Hobbit: The Desolation of Smaug 3D (PG) Fri 7:30 Sat-Sun 4:05-7:30 Mon 7 Tue 7:30 Wed-Thu 7
Lone Survivor (STC) Fri 7-9:50 Sat-Sun 1:15-4:10-7-9:50 Mon 6:40-9:30 Tue 7-9:50 Wed-Thu 6:40-9:30
Saving Mr. Banks (STC) Fri 6:50-9:40 Sat-Sun 1:10-4-6:50-9:40 Mon 6:30-9:20 Tue 6:50-9:40 Wed-Thu 6:30-9:20
The Wolf of Wall Street (STC) Fri 6:20-8:45 Sat 2-6:20-8:45 Sun 2-8 Mon 7:30 Tue 8 Wed-Thu 7:30

True Detective delves into dark places

New HBO series.

Real drama comes from conflict between two protagonists, played by Hollywood vets McConaughey and Harrelson

A number of things set True Detective apart.

For starters, this new HBO drama series stars Matthew McConaughey and Woody Harrelson, a pair of actors known not for TV but for features (Harrelson's Cheers run ended 21 years ago).

And they tackle, in effect, not one but two roles apiece: Former Louisiana State Police

detectives interrogated in 2012 about a homicide case we see them working, in flashback, in 1995.

The series was written in its entirety by its creator, Nic Pizzolatto, a novelist whose only prior TV credit was a brief turn on AMC's The Killing.

One other thing distinguishes True Detective. Not only does the writing draw upon a singu-

lar vision, but so does its fulfilment: The entire eight-episode season was stewarded by just one director.

Such a solo act is virtually unprecedented for a TV drama series. But it made sense for True Detective, says Cary Joji Fukunaga, who landed the job.

"When you have one person guiding the vision all the way through and gaining the

trust of the actors, the chain isn't broken from one episode to another," he says. "It all just flows."

The tale stems from a ritualistic murder of a woman found nude, mutilated and crowned with deer antlers in the middle of nowhere in 1995. This ghoulish crime, the handiwork of a serial killer, is eventually solved by Detectives Rust Cohle (McConaughey) and Martin Hart (Harrelson).

Or was it? Pressed by investigators in 2012, the two former partners are forced to relive the case, as well as their stormy relationship, amid growing doubt that the right man was charged.

"But the murder mystery is the least part of the story," says Fukunaga. "To me, what really mattered was these two guys and their journey. The murder case is a foil, a genre-based hook, to get to know them."

The real drama, he says, issues from the conflict both these men have "reconciling who they should be with who they are really are. Some men explore it, while some men prefer to repress it."

Premiere

True Detective premieres Sunday at 9 p.m. EST on HBO.

The show is a "multi-layered police procedural whose truest investigation is into the nature of its two protagonists," says Pizzolatto. "Its best moments come from those men just speaking straight into the camera, or riding in a car together, or when one of them comes to eat dinner at the other's house."

Such illuminating interludes distinguish True Detective, which, if it wins a second season, will focus on new characters in a different setting but stick to its original format where, as in Season 1, "characters are delivering their versions of the truth juxtaposed with the actual happenings," says Pizzolatto, "revealing the discrepancies between the two: The image won't lie, but the person narrating it might lie."

THE ASSOCIATED PRESS



Matthew McConaughey, left, and Woody Harrelson in the HBO series True Detective. MICHELE K. SHORT/HBO/THE ASSOCIATED PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Actress-singer Jennifer Hudson, right, and sister Julia Hudson. GETTY IMAGES

Humanitarian award has Hudson fighting back the tears

Jennifer Hudson held back tears when she accepted the favourite humanitarian award at the 2014 People's Choice Awards on Wednesday night.

Accompanied on stage by her sister Julia Hudson, the Oscar-winning actress became choked up as she said: "My mother always taught us without family you have nothing. Whether you know it or not, we all are family. What happens to the other happens to us. It's one thing to be a celebrity and have power, but it means nothing if we're not making a difference and helping someone else."

Hudson created the Chicago-based Julian D. King Gift

Foundation with her sister, Julia Hudson, in honour of her nephew, Julian King, who was murdered in 2008 at the age of seven. The crime also took the lives of the Hudsons' mother and brother.

The foundation aims to provide stability and positive experiences for children. Hudson was presented with the award by LL Cool J. "It feels good to see positivity acknowledged," she said. "Where we come from all you hear about is who shot who and who went to jail. There is more to life than the block you live on. We want to show them that I came from the same area and if I can do it, you can do it too. It does not stop there."

Hudson's speech was the only thing to strike a strong emotional chord during the ceremony. Bestowing the humanitarian award remains a gripping moment in a show primarily packed with light-hearted banter.

THE ASSOCIATED PRESS

Osbourne's engagement off after split



Kelly Osbourne GETTY IMAGES

The wedding's off for Kelly Osbourne, who just announced that she's split from fiancé Matthew Mosshart just months after announcing their engagement. "Kelly Osbourne and Matthew Mosshart have decided to end their engagement," her rep tells People magazine. "The split is amic-

able and the pair continue to have nothing but the utmost respect for one another. Kelly is looking forward to a new year full of fresh beginnings. No further comment will be provided." The pair met in 2011 at Kate Moss' wedding.

Twitter



@jtimberlake

What do we do after we win 3 People's Choice Awards?!?! Easy... Go to Taco Bell!!



@kevin_nealon

People that lose a lot of weight always look like they lost a lot of weight.



@tyrabanks

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Liquid Assets

A glass of the cheap stuff



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Unless you're one of "those" people who keep Christmas decorations up until Easter, the only holiday joy yet to be spread is from your credit card companies.

Wine appreciation on a budget doesn't mean you have to scrimp on quality. In fact, the majority of wines between \$10 and \$12 dollars are solidly constructed and pleasantly consistent vintage to vintage.

Sure, while you'll give up nuance and complexity the cheaper you drink, most over deliver at their modest price points.

The best advice is to look for blended wines — those made from more than one grape variety — from warmer climates. Combining the juice of different berries can elevate the personality a simple wine (with each berry supporting the overall union) and reliable weather conditions assist in creating a standardized flavour profile.

Hardys' 2012 Stamp Series Riesling Gewurztraminer (\$9.95 - \$10.99)

is a good example of my philosophy and its soft, floral aromas and off-dry, tropical-meets-citrus palate gives it food pairing versatility. Start with pork roast or Asian cuisine. **PRICES**

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TOTAL TIME
20 MINUTES

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Where the American South and China meet

Dessert. Coconut-Orange Ambrosia

During Chinese New Year, displaying and eating tangerines and oranges is said to bring wealth and luck. Sounds like a fine start to the new year!

It doesn't hurt that oranges are hitting their prime about now. A great way to use up oranges is to make ambrosia, a lightly sweet treat that originates in the American South.

The two main ingredients are oranges and coconut, both welcome on any Chinese table. So celebrating Chinese New Year with this classic dish seems about right.

1. Use a paring knife to cut off the tops and bottoms of each orange. One at a time, stand each orange on a cut side and slice off the peel on all sides.

2. One at a time, hold the peeled oranges in a cupped hand over a bowl to catch the

Ingredients

- 8 to 10 large navel oranges
- 2 oz (4 tbsp) orange liqueur
- 2 tsp superfine sugar
- Pinch of salt
- Flesh from 1 fresh coconut, grated
- 1 sprig fresh mint
- Whipped cream

juices. Use the paring knife to cut out the orange segments from between the membranes.

Add the segments to the bowl. When all of the segments have been removed from each orange, squeeze the membranes over the bowl to get as much juice as possible.

3. Sprinkle the oranges with the orange liqueur, sugar and salt. Toss gently. Divide between 4 serving bowls. Top with the fresh coconut, a few fresh mint leaves and whipped cream. **THE ASSOCIATED PRESS/ ELIZABETH KARMEI, AUTHOR OF SOAKED, SLATHERED AND SEASONED.**

3
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When the weather outside is frightful,
a mug of mulled wine is delightful

Embrace winter.

Is the polar vortex getting to you? Warm your insides with this easy slow-cooker recipe

This week's frigid forecast had us thinking we'd like to play hooky. But that wasn't the most realistic plan. Instead, we discovered the next best thing.

One way to warm up when the weather gets this frightening — and to treat yourself for facing the brutal temps — is with a comforting glass of velvety mulled wine. Your frozen friends will thank you.

And if you want to wait for the weekend, the drink is perfect for winter parties and, well, the day after winter parties, when your kitchen

Ingredients

- 1 bottle of red wine
- Juice and zest of one orange
- 8-10 cloves
- 1 tsp fresh or 2 tsp ground ginger
- Sugar or sweetener to taste
- Cinnamon sticks

en counter is filled with half
empty bottles of wine.

Pick an inexpensive dry or semi-dry red, and avoid acidic or sweet flavours; you could try a merlot, burgundy or beaujolais.

1. Combine all ingredients in a slow cooker. Gently warm on low to medium heat for 20-25 minutes. Do not boil. Ensure the ingredients are well blended and serve when the mulled wine is steaming. **METRO WORLD NEWS**



This recipe serves 4 to 6 people. ISTOCK

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Provincial Scotties

Smith sweeps record to 4-0

Mayflower's Heather Smith leads the pack with a record of 4-0 after Day 2 of the provincial Scotties Tournament of Hearts women's championship in Sydney.

In two close games, Smith edged Anne Dillon of CFB Halifax 6-5 and then topped Mayflower's Mary-Sue Radford 6-4.

Sydney's Kelly Macintosh and Mayflower's Mary-Anne Arsenault sit tied for second (3-1) in the eight-rink field.

Round-robin play continues Friday and runs until Saturday morning. Following any necessary tiebreaker matches, the top two teams meet in the final on Sunday at 2 p.m. **METRO**

NBL Canada

Rainmen fall short against Mill Rats

Add one more loss to the Halifax Rainmen's dismal season.

The Rainmen put up a valiant third-quarter fight, but just didn't have enough left in the tank, falling 100-91 to the Saint John Mill Rats at Harbour Station on Thursday night.

Saint John's Doug Herring Jr. led all scorers with 21 points, while Jajuan Cooley had 19 for Halifax.

The Rainmen remain in last place in the National Basketball League of Canada standing with a record of 2-20. **METRO**

Moose rookie proves hard work pays off

Andrew Shewfelt.
Promising young Dartmouth forward is making his mark



ANDREW RANKIN
andrew.rankin@metronews.ca

Andrew Shewfelt knew heading into training camp that nothing would come easy.

But the Dartmouth native had faith that his speed, tenacity and offensive instincts would win over the Halifax Mooseheads brass.

After a solid pre-season, the 17-year-old forward impressed enough to earn his spot on the roster.

Since then Shewfelt, who racked up 49 points in 35 games last year with the Dartmouth Major Midgets, has made steady progress.

"The biggest adjustment for me was just the work ethic," said Shewfelt. "You can't take a night off."

There's nothing remarkable about his eight goals and five assists in 32 games with the Mooseheads.

Through his first nine games he managed just the one goal. In his next seven games he picked up three goals and an assist.

"He's keeping things sim-



Mooseheads rookie forward Andrew Shewfelt has seven points in his last seven games. **JEFF HARPER/METRO**

Up next

The Mooseheads take on the Moncton Wildcats at home on Friday at 7 p.m.

ple," said head coach Dominique Ducharme. "He's using his tools. He's got speed, intensity and he makes things happen because of that. He's getting better and better."

Shewfelt's big opportunity came about a month ago when stars Jonathan Drouin and Nikolaj Ehlers departed for the world juniors, and the club was coping with a string of injuries.

Promoted to the second line, he's responded to the challenge, picking up seven points

in his last seven games, including a three-point effort versus the Cape Breton Screaming Eagles on Dec. 29.

"You wait for those opportunities to come and you have to grab them. That's what I

tried to do. I started to feel good and I realized I could play here."

With a motor that never quits, Shewfelt knows he's being rewarded for his hard work. The coaching staff has taken note.

"His confidence is growing," said Ducharme. "He's showing he can play in the league and do some good things. In the long run he might be a guy we can use on the PK and power play, a guy who can do a bit of everything."

4 SPORTS

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Happy New Year and welcome back to another action packed weekend!

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Saturday, January 11

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Sunday, January 12

VOLLEYBALL vs MUN, W 1pm, M 3pm

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Chan the big dog going into Olympics

In rare form. 23-year-old looking for seventh straight Canadian senior title; among skaters to beat in Sochi

Patrick Chan said he was like a "puppy in puppy daycare" at the Vancouver Olympics four years ago, a wide-eyed teenager at his first party, where everyone was cool and everything was free.

"It was so exciting, like, 'Oh my god, there are so many cool things. Cool clothes. And the gym's right here.' Everything is available to you," Chan said Thursday, the eve of the Skate Canada national championships in Ottawa.

Chan turned 23 on New Year's Eve, but he's a veteran on a completely different comfort level from the "deer in the headlights" who finished fifth in Vancouver. A move to



Patrick Chan practises on Thursday in Ottawa. THE CANADIAN PRESS

Detroit last spring that meant a split with his mom Karen — they'd been living together in Colorado Springs — hastened the maturing process.

"Now it will be more normal (in Sochi) because I live on my own," Chan said. "I had the chance to have that excitement living on my own and going to the grocery store, and be like, 'I want Oreo cookies today' or 'I

Quoted

"(Patrick Chan) is going to need to be focused because the competition is getting close to him now."

Three-time world champion Elvis Stojko, on the men's figure-skating field at Sochi.

want ice cream."

"I'm in complete control of what I want, so going to the Olympics will be more of a comfortable feeling as opposed to summer camp kind of feel."

Chan, who will take aim at his seventh straight Canadian senior title this week, has become the skater to beat at Sochi since winning three consecutive world crowns. At the Trophee Bompard Grand Prix in November, he ran away with gold, smashing the world records in the short and long program and, for overall score, finishing 31 points ahead of closest pursuer Yuzuru Hanyu of Japan. THE CANADIAN PRESS

Women's figure skating

Rookie Osmond well-rested for Sochi

Two injuries have derailed most of Kaetlyn Osmond's rookie Olympic season, but she and her coach have managed to find a silver lining.

Osmond said she's fully recovered from both a stress reaction in her left ankle and a torn right hamstring, and is skating in practice better than



Kaetlyn Osmond
THE CANADIAN PRESS

at any other time in her relatively short career.

And when the curtain comes up on the Sochi Olympics next month, Osmond, at least, will be fresh.

"I think it will end up being a real advantage for her,"

her coach Ravi Walia said on the eve of the Canadian figure skating championships. "Some people are exhausted at the end of the season, and I think she won't be. She's just getting better."

The 18-year-old from Marystown, N.L., should be a lock for one of Canada's two Olympic berths in women's singles, and is Canada's most promising female skater since the retirement of Joannie Rochette. THE CANADIAN PRESS

NHL

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	GP	W	L	OL	GF	GA	Pt
Boston	43	28	13	2	126	94	58
Tampa Bay	44	26	14	4	126	106	56
Montreal	45	25	15	5	115	106	55
Detroit	43	19	14	10	114	121	48
Toronto	45	21	19	5	123	138	47
Ottawa	45	19	18	8	129	145	46
Florida	44	17	21	6	104	137	40
Buffalo	43	12	26	5	75	120	29

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	45	32	12	1	147	107	65
Philadelphia	44	23	17	4	117	119	50
Washington	43	21	16	6	132	131	48
Carolina	44	19	16	9	111	125	47
NY Rangers	45	22	20	3	111	121	47
New Jersey	45	18	18	9	104	113	45
Columbus	43	19	20	4	117	126	42
NY Islanders	45	16	22	7	124	149	39

Thursday's results

Anaheim 4 Nashville 3
Carolina 6 Toronto 1
Florida 2 Buffalo 1 (SO)
New Jersey 1 Dallas 0
Minnesota 4 Phoenix 1
St. Louis 5 Calgary 0
Washington 4 Tampa Bay 3
Boston at Los Angeles
Detroit at San Jose

Wednesday's results

Colorado 4 Ottawa 3 (OT)
N.Y. Rangers 3 Chicago 2
Philadelphia 3 Montreal 1
Friday's games — All Times Eastern
Dallas at N.Y. Rangers, 7 p.m.
Toronto at Washington, 7 p.m.
Carolina at Columbus, 7 p.m.
N.Y. Islanders at Colorado, 9 p.m.
Pittsburgh at Edmonton, 10 p.m.
St. Louis at Vancouver, 10 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	24	41	65
Kane, Chi	23	31	54
Tavares, NYI	20	34	54
Getzlaf, Ana	20	29	49
Kunitz, Pgh	23	25	48
Thornton, SJ	5	43	48
Sharp, Chi	25	22	47

Not including last night's games

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
St. Louis	43	31	7	5	160	97	67
Chicago	46	29	8	9	169	127	67
Colorado	43	27	12	4	127	111	58
Minnesota	46	24	17	5	112	115	53
Dallas	43	20	16	7	123	132	47
Nashville	45	19	20	6	108	135	44
Winnipeg	46	19	22	5	125	139	43

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	46	33	8	5	155	116	71
San Jose	44	27	11	6	144	114	60
Los Angeles	44	26	13	5	114	91	57
Vancouver	45	23	13	9	121	113	55
Phoenix	43	21	13	9	130	131	51
Calgary	44	15	23	6	100	142	36
Edmonton	46	14	27	5	119	161	33

Note: Two points awarded for a win, one point for an overtime or shootout loss.

Saturday's games

Tampa Bay at Philadelphia, 1 p.m.
Chicago at Montreal, 7 p.m.
Ottawa at Nashville, 7 p.m.
Columbus at Winnipeg, 7 p.m.
Florida at New Jersey, 7 p.m.
Colorado at Minnesota, 8 p.m.
Anaheim at Phoenix, 8 p.m.
Pittsburgh at Calgary, 10 p.m.
Detroit at Los Angeles, 10:30 p.m.
Boston at San Jose, 10:30 p.m.

Sunday's games

Buffalo at Washington, 3 p.m.
N.Y. Islanders at Dallas, 6 p.m.
New Jersey at Toronto, 7 p.m.
Edmonton at Chicago, 7 p.m.
Philadelphia at N.Y. Rangers, 7 p.m.
Minnesota at Nashville, 7 p.m.
Detroit at Anaheim, 8 p.m.

NFL PLAYOFFS

DIVISIONAL PLAYOFFS

Saturday's games — All Times Eastern

NFC — New Orleans at Seattle, 4:35 p.m.
AFC — Indianapolis at New England, 8:15 p.m.
Sunday's games
NFC — San Francisco at Carolina, 1:05 p.m.
AFC — San Diego at Denver, 4:40 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	28	7	.800	—
d-Miami	27	9	.750	1 1/2
Atlanta	19	17	.528	9 1/2
d-Toronto	17	17	.500	10 1/2
Washington	16	17	.485	11
Chicago	15	18	.455	12
Charlotte	15	21	.417	13 1/2
Brooklyn	14	21	.400	14
Detroit	14	22	.389	14 1/2
New York	13	22	.371	15
Boston	13	23	.361	15 1/2
Cleveland	12	23	.343	16
Philadelphia	12	23	.343	16
Orlando	10	25	.286	18
Milwaukee	7	27	.206	20 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	28	8	.778	—
d-Oklahoma City	27	8	.771	1/2
Portland	27	9	.750	1
d-L.A. Clippers	25	13	.658	4
Houston	23	13	.639	5
Golden State	24	14	.632	5
Phoenix	21	13	.618	6
Dallas	20	16	.556	8
Denver	17	17	.500	10
Minnesota	17	18	.486	10 1/2
New Orleans	15	19	.441	12
Memphis	15	19	.441	12
L.A. Lakers	14	22	.389	14
Sacramento	11	22	.333	15 1/2
Utah	12	25	.324	16 1/2

d — division leaders ranked in top four positions.

Thursday's results

New York 102 Miami 92
Oklahoma City at Denver
Toronto 112 Detroit 91
Atlanta 97 Indiana 87

Friday's games — All Times Eastern

Detroit at Philadelphia, 7 p.m.
Washington at Indiana, 7 p.m.
Houston at Atlanta, 7:30 p.m.
Charlotte at Minnesota, 8 p.m.
Miami at Brooklyn, 8 p.m.
Phoenix at Memphis, 8 p.m.
Dallas at New Orleans, 8 p.m.
Chicago at Milwaukee, 8:30 p.m.
Cleveland at Utah, 9 p.m.
Orlando at Sacramento, 10 p.m.
Boston at Golden State, 10:30 p.m.
L.A. Lakers at L.A. Clippers, 10:30 p.m.



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Chargers tasked with reining in Broncos

NFL playoffs. San Diego defence primed to shut down the league's best offence once again

The Chargers stunned the Denver Broncos five weeks ago, making Peyton Manning look average and claiming a road victory that was part of a late-season surge that helped sweep San Diego into the playoffs.

They'll have to do it again Sunday in a divisional-round game against the top-seeded Broncos in Denver to keep their January joyride going.

"We're going to come in there with a vengeance and see if we can shock the world again," Pro Bowl safety Eric



Peyton Manning is hit by defensive end Corey Liuget as he throws a pass on Dec. 12 in Denver. DUSTIN BRADFORD/GETTY IMAGES FILE

Weddle said Thursday.

As much as the Chargers' offence contributed to the 27-20 victory at Denver on Dec. 12, defensive co-ordinator

John Pagano came up with a game plan that helped frustrate Manning and the high-powered Broncos.

The Bolts held the Broncos

Seahawks vs. Saints

Wide receiver Percy Harvin will play for the Seattle Seahawks in Saturday's NFC divisional playoff game against the New Orleans Saints after missing most of the season following hip surgery.

to season lows in points and total offensive yards (295). The Broncos had only 18 yards rushing.

While Manning is 3-1 against San Diego since coming to the Broncos, the Chargers eliminated the Manning-led Indianapolis Colts from the playoffs following the 2007 and 2008 seasons.

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NFL

Gruden hired to revamp Redskins

Jay Gruden says he doesn't care about the Washington Redskins' tumultuous past, and he has built a "genuine" trust with franchise player Robert Griffin III.

The former Bengals offensive co-ordinator was introduced Thursday as coach of the Redskins. He signed a five-year deal Wednesday as the successor to Mike Shanahan, who was fired last week after a 3-13 season.

"All they want to do is win, and they're going to provide me with every avenue to win," Gruden said.

THE ASSOCIATED PRESS



New Redskins coach Jay Gruden. THE ASSOCIATED PRESS

NBA

Melo leads Knicks past LeBron for third straight win

Carmelo Anthony scored 29 points, Andrea Bargnani had 19, and the New York Knicks beat the Miami Heat 102-92 on Thursday night for their season-high third straight victory.

Raymond Felton had 13 points and 14 assists for the Knicks, who seized control with a 16-2 run spanning the third and fourth quarters and beat the Heat for the fourth time in five meetings over the last two seasons.

New York was second to Miami in the Eastern Conference last season when it won the series 3-1, but there was little reason to suggest the Knicks were ready to compete with the NBA champions this season.

LeBron James scored 32 points for the Heat.

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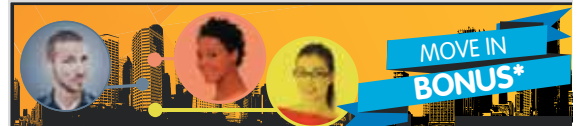
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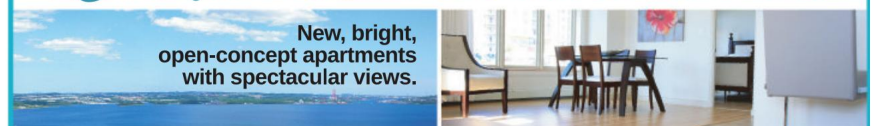
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Horoscopes

Aries

March 21 - April 20

There are so many ambitions you want to pursue and so many goals you want to reach, but not even an Aries can do everything at once. Decide what is the top thing that needs to be done — and do it.

Taurus

April 21 - May 21

The planets indicate this is the perfect time to sit quietly and ponder the meaning of your existence. If that sounds a bit too intellectual, just plan your next big vacation.

Gemini

May 22 - June 21

The first step toward resolving a problem is to recognize that there is a problem, and that is the step you must take today. For too long, you have ignored the warning signs.

Cancer

June 22 - July 23

Be completely honest with everyone you deal with today, even if it means you hurt their feelings. If you lie, despite the best of intentions, they will find out later and take it as a sign you cannot be trusted.

Leo

July 24 - Aug. 23

If you have done something you are proud of then shout about it. You are no stranger to drawing attention to yourself but this is one of those occasions when you have every right to go on a lap of honour.

Virgo

Aug. 24 - Sept. 23

Take care you don't get lulled into a false sense of security and end up making the kind of silly mistake you usually work so hard to avoid. Check every detail over the next 24 hours.

Libra

Sept. 24 - Oct. 23

Make an effort to put squabbles behind you. That might seem like a tall order considering how fragile certain relationships have been but it will be easier than you imagine.

Scorpio

Oct. 24 - Nov. 22

Interesting information will come your way over the next 24 hours, making it easier for you to get your way. Once others realize you are ahead of the game, they are much more likely to do as you say.

Sagittarius

Nov. 23 - Dec. 21

Be positive about what happens today. Look on the bright side and realize that negativity of any kind will only add to your problems. Most of the world's population would give its right arm to be you.

Capricorn

Dec. 22 - Jan. 20

Start something that helps you make your mark on the world. Don't worry that certain people might not approve. It's a sure sign that you are doing something worthwhile.

Aquarius

Jan. 21 - Feb. 19

Don't reject an idea just because it seems impractical. A few days from now, you will see it in a light that makes you realize that if you want something enough, you can find a way to get it.

Pisces

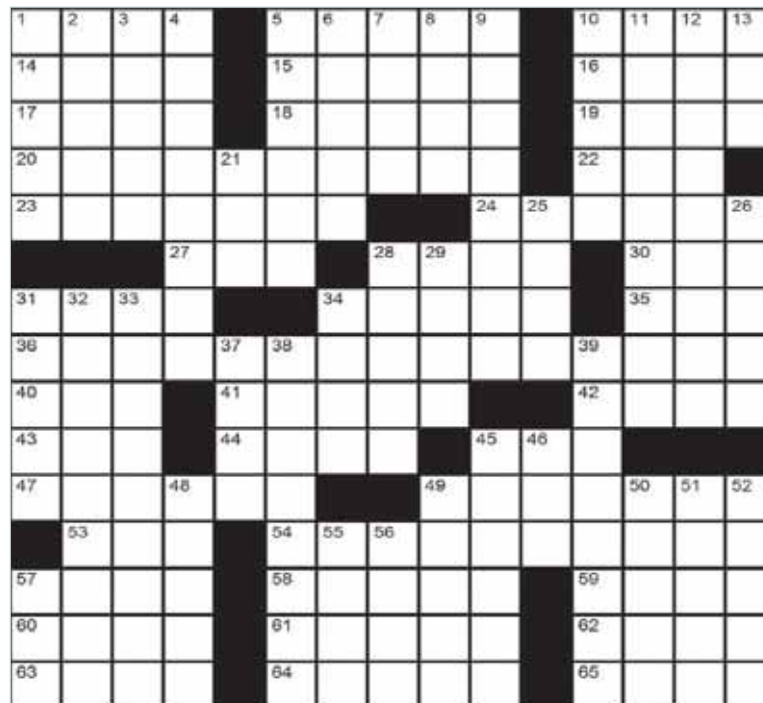
Feb. 20 - March 20

It may seem that you are lucky, but it isn't true. The cosmos rewards those who deserve it and no one deserves it more than you. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. ___ dancing (Punk+rock dance style)
5. Ms. Lovato's
10. Billy Ray Cyrus' "___ Breaky Heart"
14. Matador's victim
15. Forcibly seize
16. "To ___ not to..."
17. Observer
18. Plane seating request
19. Lakes, in Quebec
20. Profession for #28-Across: 2 wds.
22. Informally seat theatre-goers
23. Mottos
24. Concurs
27. Profound feeling
28. Ms. Olson of Food Network Canada
30. "Alice" waitress
31. Egotistically emote
34. Had pizza delivered: 2 wds.
35. Singer Janis
36. Rainwater harvesting is a source of it: 2 wds.
40. 'Lobby' suffix
41. Piano's D Sharp key alternatively, ___
42. Actress/singer Ms. Michele's
43. Q. "Who's that novelist Mr. Lawrence?" A. "___, ___ believe."
44. Some: 2 wds.
45. Actor Mr. Whea-



- ton
47. Esoteric
49. Newspaper piece
53. Sarah McLachlan song
54. CRTC = Canadian Radio-television and Telecommunica-
57. Face part
58. Characteristic

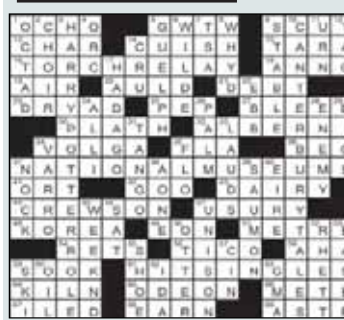
59. Quiz
60. Katarina of figure skating
61. www mag
62. Margarine
63. Deuce-ace
64. Giver
65. Average
- Down**
1. Footprints
2. Faithful

3. "You ___ Beautiful" by Joe Cocker
4. CMHC = Canada ___ and Housing Corporation
5. The Rock, aka ___ Johnson
6. Hockey great Mr. Lindros, and namesakes
7. Go together well

8. Archipelago part
9. "Hart to Hart" star Ms. Powers
10. Q. "Song 2", do you know it?" A. "Yes, it's ___ song from 1997."
11. Peace, in wartime
12. Present-day Montreal in French explorer Jacques

- Cartier's time
13. Decade divs.
21. Carrot-consuming choice, cooked or ___
25. "The Journey of Natty ___" (1985)
26. Some electronics
28. Attorney- ___
29. Nair competitor
31. Water filter company
32. Quentin Tarantino's "___ Dogs" (1992)
33. 'Cemetery of the Gulf' in Quebec, ___ Island
34. Competent
37. Gradually withdraw
38. Influenced
39. Newfoundland town, 'The Root Cellar Capital of the World'
45. Author
46. The thing's
48. ___ Have an ___ grind
49. ___ acid
50. Sky: Spanish
51. NBC's "The Biggest ___"
52. Insects sci.
55. Pasta kind
56. Central
57. Nunavut's neigh.

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	5	6	8	7	3	4	1	9
4	1	9	2	6	5	7	8	3
3	7	8	9	4	1	2	6	5
9	6	1	5	8	7	3	4	2
5	3	2	4	1	6	9	7	8
7	8	4	3	9	2	6	5	1
6	9	5	7	2	8	1	3	4
1	2	3	6	5	4	8	9	7
8	4	7	1	3	9	5	2	6

			2					
1				7	6			5
	6	2		8		9	3	4
	4					5	7	
			1		8			1
2	3	5		4		1	9	
	1		3	9				7
					2			

Today



-2°/-3°
Variable

Saturday



5°/3°
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™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2013 Accent 5 Door GL 6-Speed Manual/ 2013 Elantra GL 6-Speed Manual/ 2014 Tucson 2.0L GL FWD MT/2014 Santa Fe 2.4L FWD with an annual finance rate of 0%/0%/1.9%/1.9% for 72/84/96/96 months. Bi-weekly payments are \$113/\$111/\$119/\$139. \$0/\$0/\$250/\$1,500 down payment required. Cost of Borrowing is \$0/\$0/\$1,811/\$2,114. Finance offers include Delivery and Destination of \$1,550/\$1,550/\$1,760/\$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2014 Tucson 2.0L GL FWD MT for \$23,259 at 1.9% per annum equals \$119 bi-weekly for 96 months for a total obligation of \$25,070. \$250 down payment required. Cash price is \$23,259. Cost of Borrowing is \$1,811. Example price includes Delivery and Destination of \$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. •Price of models shown: 2013 Accent 5 Door GLS 6-Speed Manual/2013 Elantra Limited/2014 Tucson 2.4L Limited AWD/2014 Santa Fe 2.0T Limited AWD are \$19,249/\$24,849/\$35,359/\$40,659. Prices include Delivery and Destination charges of \$1,550/\$1,550/ \$1,760/\$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. ‡Price adjustments are calculated against the vehicle's starting price. Price adjustments of up to \$3,340/\$4,540 available on 2013 Accent 5 Door L 6-Speed Manual/2013 Elantra L 6-Speed Manual (on cash purchases only). Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ††Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.